

DISCOVERY

EVERY AIRMAN A FORCE MULTIPLIER

Enhance and sustain human performance

Vol. 30, No. 4 - Friday, Feb. 24, 2006 - Brooks City-Base, TX

for dominant air and space power

Eighth CMSAF visits troops, facilities



Photo by Tech. Sgt. Anita Schroeder

Former Chief Master Sergeant of the Air Force Sam Parish (far right) visits with Brooks Honor Guard members Senior Airman Jaimeece Robinson and Staff Sgt. Ricardo Ramos, along with Command Chief Master Sgt. Reggie Williams, during a recent visit. While here, Chief Parish toured the facilities and missions and helped recognize Brooks two newest chiefs at a promotion banquet.

By Kendahl Johnson
Discovery editor

The eighth Chief Master Sergeant of the Air Force Sam Parish shared his views about the Air Force and recognized two recently promoted Brooks chief master sergeants during a recognition banquet Feb. 10 at the Brooks Club.

Chief Parish offered words of advice, encouragement and motivation at the banquet and honored Brooks Chief Master Sgts. Kevin Reid and Barbara Heyward. The chief also spoke to personnel at an Enlisted Call and toured facilities and missions – including the U.S. Air Force School of Aerospace Medicine and the Brooke Army Medical Center, where he met with military members who were wounded in combat.

Chief Parish said when visiting bases around the globe, the message he tries to leave with the Airmen is that the jobs they do are very important. “It doesn’t matter what you do in the Air Force, it’s how you do it,” he said. “Everyone is impor-

tant. We should recognize each other’s importance to the overall mission of our U.S. Air Force. Everyone in the Air Force points to one thing – to make the Air Force better so we can do what we do best and that’s put a bomb on target.”

The former chief master sergeant of the Air Force said we currently have the best Air Force our country has ever had in our entire 59-year history, but cautioned about becoming too complacent.

“We are a small, hard-hitting, impacting Air Force, but we shouldn’t think we are so good that we stop and rest on our laurels, because tomorrow things change,” he said. “We need to continue to evolve. We need senior enlisted leadership to continue to develop. And if we are going to continue to grow, (the Airmen) are going to have to work hard and are going to have to persevere.”

In the 19 years since his retirement, Chief Parish has seen numerous changes to the Air Force, nearly all of them positive. “There’s nothing about our Air Force today that’s the same as it was 19 years

ago when I retired. Everything has changed,” he said. “The uniforms have changed. The chevrons have changed. Even the way we do our mission has changed. The vast majority of the changes have been changes for the better.”

At the Enlisted Call, Chief Parish spoke to the Brooks enlisted force, sharing several humorous stories and entertaining anecdotes. He also spoke about the four greatest developments in the history of the U.S. Air Force – the greatest of which is the introduction of the Professional Military Education program. “The education, training and development of our enlisted force has made a huge, positive impact,” he said.

Chief Parish believes other great developments in the history of the Air Force include the weighted Airman promotion system, the integration of women, and the utilization of the enlisted men and women. “Enlisted troops are taking on more and more leadership roles and that is benefiting the Air Force,” he said.

See Chief Parish/Page 6

Command Surgeon briefs leadership on Safety and Wellness Campaign

By Kendahl Johnson
Discovery editor

Brig. Gen. William Germann, the Command Surgeon of the Air Force Materiel Command, recently visited Brooks City-Base to present a briefing on the AFMC Wellness and Safety Campaign Plan. The primary objective of the campaign is to create a wellness-focused and safe workforce.

General Germann is responsible for advising AFMC Commander, General Bruce Carlson, on all medical matters, including the health and physical well-being of 78,000 AFMC military and civilian personnel. He is also the controlling manager for AFMC’s eight community-based medical treatment facilities, ranging from outpatient clinics to major teaching hospitals. He ensures the wartime readiness and combat support capability for more than 7,000 medical personnel, and supervises and monitors peacetime health care to more than 435,000 beneficiaries.

General Germann said one of General Carlson’s big concerns within AFMC is wellness. He said there are one or two deaths per week, deaths that are likely preventable if the safety and wellness of those individuals is addressed in advance.

“General Carlson is tired, frustrated and saddened by having to write weekly condolence letters to spouses of deceased AFMC Airman – active duty and civilian,” General Germann said. “We cannot function successfully without a quality workforce.”

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Photo by Kendahl Johnson

Brig. Gen. William Germann, Command Surgeon of the Air Force Materiel Command, briefs Brooks leaders on the Safety and Wellness Campaign plan.

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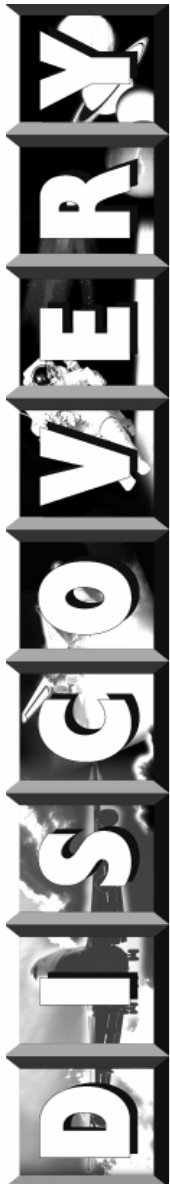
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Discovery
Eric Stephens
311th Human Systems Wing Director
Ed Shannon
Director of Public Affairs
Capt. Jason Bishop
Deputy Director, Public Affairs
Kendahl Johnson
Editor — kendahl.johnson@brooks.af.mil
Rudy Purificato
Chief Writer — rudolph.purificato@brooks.af.mil
Elizabeth Castillo
Staff Writer — elizabeth.castillo@brooks.af.mil

Tech. Sgt. Anita Schroeder
Tech. Sgt. Alfonso Ramirez Jr.
Staff Sgt. Brandy Bogart
Photographers

PrimeTime Newspapers

Sylvia Black, Publisher
Pia Goodman, Prod. Mgr.
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Cutting calories by making healthy choices

By Kendahl Johnson

Discovery editor

When you're trying to lose weight, you are conscious of every morsel of food that you intake. Although I am not extreme — I don't hesitate to chew a piece of gum because it has 10 calories — I am much more aware of the food choices I make. And knowing that cutting just 100 calories out of my diet per day can save me more than 10 pounds a year is an incentive to find ways to eliminate unnecessary calories.

My primary resource for nutrition information and healthy eating tips has been the Health and Wellness Center. The HAWC personnel have been very helpful in providing motivation and education. Some of the best information the HAWC has provided relates to making healthy food choices and eating fewer calories.

Recently, I attended a healthy cooking demonstration, conducted by the HAWC's Capt. Cynthia Pouncey, health promotions director, and Diana Gonzales, director of the Civilian Health Population Service. The event was one of the HAWC's activities to help promote February as National Heart Month. Since heart disease is one of the major causes of death in American, ensuring heart-healthy eating habits should be a priority for everyone.

The duo fixed two meals, providing valuable cooking tips to help make meals healthier without losing taste. The additional emphasis was on fixing healthy meals in a short amount of time. "No one wants to spend a lot of time in the kitchen," Captain Pouncey said. "If you know you have to spend a lot of time cooking, you often end up eating fast food, which can be very unhealthy."

She said the idea is to cook extra food on Sunday and use it throughout the week in making 10-minute meals. She demonstrated the technique by using rice cooked in advance to prepare a delicious red beans and rice meal. There was very little preparation and the entire meal took less than 10 minutes to prepare.

In addition to the actual demonstration, the HAWC team also provided food substitution tips. For example, using plain, non-fat yogurt instead of sour cream, or fruit puree like apple butter instead of oil or butter can eliminate hundreds of calories and fat grams from a meal. One cup of mayonnaise has 1,600 calories, but substi-

tuting "lite" mayo will cut the calories in half and non-fat mayo will reduce the calories by nearly 90 percent.

Although cooking meals at home is not only more economical than eating out, it's also easier to create healthy meals. Yet everyone enjoys eating out. Captain Pouncey and Ms. Gonzales agree that making healthy choices when dining out can eliminate hundreds of unnecessary calories and increase the "health factor" of a restaurant meal. The following are suggestions for eating healthier when dining out:

— Be the first to ask for a "to go" box. Portions are often much larger than needed and putting some aside before the meal will keep one from eating food just because it's there.

— Order salad dressings and other sauces on the side. This way, you have control over how much or how little you add.

— When ordering grilled fish or vegetables, ask that the food either be grilled without butter or oil, or prepared "light," with little oil or butter.

— When ordering pasta dishes, look for tomato-based sauces rather than cream-based sauces. Tomato-based sauces are much lower in fat and calories.

— Don't deprive yourself of the foods you love, but skipping the appetizer and dessert will save calories.

— Most soups are low in calories and will fill you up, so you eat less. Just remember that when choosing a soup, remember that cream-based soups are much higher in fat and calories than most other soups.

— Order steamed vegetables as a side dish instead of French fries or onion rings.

— Ask for salsa with a baked potato instead of sour cream, butter, cheese or bacon. Salsa is very low in calories and a healthy alternative with a lot of spice. Another topping alternative is cottage cheese.

— Order sandwiches with mustard rather than mayonnaise or "special sauce." Mustard adds flavor with virtually no calories.

— Look for items on the menu that are baked, grilled, dry-sauteed, broiled, poached or steamed. These cooking techniques use less fat in the food preparation and are generally lower in calories.

— Choose entrees with fruits and vegetables as key ingredients. Enjoy the flavors they offer. Fruits and vegetables are a good source of dietary fiber as well as of many vitamins and minerals.



Photo by Kendahl Johnson

The Health and Wellness Center's Diana Gonzales (left) and Capt. Cynthia Pouncey demonstrate the finer points of preparing a chicken Caesar salad and other nutritious meals at a healthy cooking demonstration at Sidney's. The demonstration was one activity to help promote February as National Heart Month.

The Discovery is online.
Go to <http://www.brooks.af.mil/HSW/PA/discovery>



‘Super performance’ subject of AF Research Lab study

By Rudy Purificato
311th Human Systems Wing

Warfighters will never have the ability to leap tall buildings in a single bound, but a specialized whey protein supplement under study here could realistically provide them the major boost in enhancing mental and physical performance.

Fifty volunteers are needed for this double-blind Air Force Research Laboratory study that was launched Feb. 3 as part of an operational readiness initiative. It is being conducted in collaboration with the GNC Corporation of Pittsburgh, Pa., the primary supplier of nutritional supplements to Air Force base exchanges worldwide.

The focus of the study is specialized whey protein whose non-modified form, historically, has been used to build muscle growth supporting increased physical conditioning. AFRL scientists hope this research will eventually provide the Air Force with a non-pharmaceutical option that enhances alertness and physical strength in warfighters exposed to sleep deprivation and workloads associated with stressful operational environments.

The impetus for this research, a first for AFRL’s Human Effectiveness Directorate in the science of nutraceuticals, was a preliminary observation made in 2004 by a Brooks City-Base scientist in one of the most unlikely places on earth.

At a base exchange, located on an old Russian air base within the former Soviet central republic of Kyrgyzstan, Col. Breck Lebegue made a surprising discovery. “I walked into the BX and saw supplements on the bottom shelf,” he recalls, admitting that he wondered why

they were there. Colonel Lebegue learned that the supplements were popular among Soldiers and Marines who deployed from that base to support missions in Afghanistan.

“These guys are going to battle at 10,000 feet elevation while hauling 100 pound packs. That’s hard work – living and surviving in that kind of environment which is mentally and physically challenging,” said the colonel, who is an aerospace medicine chief for the Aircrew Performance & Protection Branch of AFRL Human Effectiveness Directorate’s Biosciences & Protection Division.

The genesis for the study, he explained, was based on finding out if there was an operationally relevant need to verify, scientifically, the human performance enhancing potential of such supplements.

He confirmed the special operations community’s need for these supplements with Col. (Dr.) James Wright, 720th Special Tactical Group command surgeon at Hurlburt Field, Fla. and a former U.S. Air Force School of Aerospace Medicine scientist in hyperbaric research at Brooks.

In the spring 2005, Capt. (Dr.) Andy McQuade, one of the study’s principle investigators who is also Human Fatigue Neurosciences Team chief, conducted an informal survey on supplement use among 720th Special Tactical Group personnel.

“I asked the 12 volunteers what supplements they used and where they got them. These guys knew more about supplements’ effects from reading men’s muscle magazines and less from the science (literature),” Captain McQuade said.

He also learned that the survey respondents felt stronger and believed the

supplements worked. “The only thing they had to measure supplements against were (conditioning) workouts in the gym,” he said.

What makes AFRL’s whey protein study different from past research on human performance, its principle investigators say, is it’s not limited to cognition. “We’ve had research to keep subjects awake, but not necessarily physically and mentally alert,” Captain McQuade said.

He cited an earlier study he was involved with that investigated the FDA-approved, commercially developed stimulant Modafinil. “We were looking at Modafinil to promote wakefulness and also to increase physical performance,” Captain McQuade said. He explained that this prescription substance had been previously used to promote wakeful rest in narcoleptics.

AFRL researchers will be evaluating whey protein’s effects on cognition and physical performance, as well as on body composition, memory and concentration involving specific tasks conducted after a 24 hour sleep deprived period.

The study builds upon earlier research conducted by Dr. David Housh, a University of Nebraska exercise physiologist, who collaborated with GNC on supplement testing.

“They tested leg strength using the gym’s leg extension machine,” Colonel Lebegue said. He said Dr. Housh’s tests verified that these supplements helped build strength and muscle mass.

In AFRL’s study, half of the volunteers will be given modified whey protein, with the other half given a placebo. They will also be subjected to modified physical fit-



Photo by Rudy Purificato

Col. Breck Lebegue (right), principal investigator for the Air Force Research Lab’s whey protein study, and 2nd Lt. Erica Anderson demonstrate a whole body scan, used to measure body mass. The measurements will assist in the study to determine if whey protein supplements can enhance the mental and physical performance of warfighters.

ness and cognitive tests while alert and fatigued during an eight-week period.

AFRL investigators said they also will be evaluating whey protein’s effects on rebuilding and repairing over-exercised muscle. They emphasized that this specialized supplement is not a steroid, which is illegal and potentially harmful to health.

Ultimately, this specialized supplement could prove to be the so-called ‘magic bullet,’ – a non-addictive substance that keeps people alert. To volunteer for the study, contact 2nd Lt. Erica Anderson at 536-2348.



BALLOON LIFTOFF

Courtesy photo



Sandra Castro, chairperson of the Martin Luther King Jr. committee, helps children from the Brooks Child Development Center attach MLK ‘dream notes’ to balloons. It was just one of several events celebrating National African-American History month.

DIAMOND SHARP

Photo by Tech. Sgt. Anita Schroeder



Staff Sgt. Maryanne Bay (center), of the Air Force Institute for Operational Health, receives the First Sergeant’s Diamond Sharp Award and “Well Done Coin” for the fourth quarter of last year. The Diamond Sharp Award is presented for outstanding dress and personal appearance and strict adherence to customs and courtesies. Master Sgt. Laurie Olerich (left), Master Sgt. Cindy Riley, Master Sgt. Donald Damron and Master Sgt. Darrell Smith present the award.





Brooks Golf Course is one of base’s ‘hidden treasures’

By Elizabeth Castillo

Discovery writer

Upon entering Brooks from the west gate, guests are greeted with an ID check, guard’s quarters and orange buildings. Just past this entrance, guests can find one of Brooks’ “hidden treasures” and to many, an oasis.

In a small, white building surrounded by golf carts and green grass is the Brooks City-Base Golf Course Clubhouse. Inside, the aroma from the snack bar fills the air as baskets of golf balls next to the sign-in counter eagerly await their turn.

Golf Course manager Jose Valadez is eager to receive more customers for those interested in playing on the nine-hole course. “We need to have these people come out and use this facility so that we can survive,” Mr. Valdez said.

The course offers a challenge to players of all levels, as it contains multiple bun-

kers per hole and water hazards which are referred to as the “wetlands.” The landscape is well kept, thanks to the dedication of the golf course employees.

“My employees should be given all of the credit for the condition of the golf course,” Mr. Valadez said. “They do very good work out there to keep the course playable.”

The nine holes can be easily navigated through with the help of rentable golf carts and pull carts. The pro shop offers a wide variety of golf supplies, apparel and accessories to help with anyone’s game.

Those interested in improving swing and stance can utilize the driving range, which ranges over 300 yards in length with yardage markers and target flags to mark driving distance and improve accuracy.

After a long day of golf, players are able to relax in the air conditioned clubhouse and grab a bite to eat at the snack



Photo by Elizabeth Castillo

Gerry Meyer lines up her putt as her husband Bud (far right) and friends Janice and Karlheinz Schott look on. The retired couples, who were visiting San Antonio from Missouri, take advantage of the nice weather to play a round of golf at the Brooks Golf Course, one of the bases ‘hidden treasures.’

bar which serves fast food items and a variety of sandwiches. The clubhouse also provides a big screen television for guests.

The golf course, driving range and pro shop are open Sunday through Saturday

from 7:30 a.m. to dusk. The snack bar is open from 10:00 a.m. until 4 p.m. The golf facilities are open to all Brooks personnel including contractors, civilian employees, military personnel and the extended community outside of the base.



BROOKS BRIEFS



Air Force Assistance Fund

The Air Force Assistance Fund will kick off March 6 in order to raise funds in support of the Air Force Aid Society, Air Force Enlisted Village, Air Force Village and the General and Mrs. Curtis E. LeMay Foundation. Numerous fund raisers and events will be held from its kickoff date through April 14. No other fundraisers are allowed during the duration of the AFAF campaign.

This year's goal is 100 percent contact with more than 50 percent participation. The project officers are 1st Lt. Mary Kelley and Master Sgt. Robert Jones.

"Military participation is key in order to make the 2006 AFAF campaign a success," Lieutenant Kelley said. "I am looking forward to working with all unit project officers, and seeing the military come together in order to support the Airman Helping Airman project."

National Prayer Luncheon

This year's National Prayer Luncheon will be Tuesday from 11:30 a.m. to 1 p.m. in the Brooks Club. The guest speaker will be Chaplain Nate Crawford, former Air Force Materiel Command chaplain. Tickets are \$7 and are on sale now. For more information, contact Staff Sgt. Jeramey Thomas at 536-3824.

Cup-A-Joe Coffee House

Cup-A-Joe Coffee House at Sidney's will be opening in the near future. The coffee shop will proudly brew Starbucks coffee. The entire area is being renovated and will feature a WWII theme. Watch for the Grand Opening announcement.

Coushette Casino excursion

Brooks' Outdoor Recreation is sponsoring a Coushatta Casino Trip. A smoke-free commercial bus will depart Sidney's parking lot at 8 p.m. March 10 and arrive at the Coushatta Casino at 2 a.m. The bus will depart

the casino March 11 at 2 p.m. and arrive back at Sidney's at approximately 8 p.m. The cost for trip is \$20 per person. Guests must be at least 21 years of age. Contact Outdoor Rec at 536-2881 to sign up before the March 3 deadline.

Youth baseball registration

Baseball registration is in full gear and will continue until all teams are full. Practice begins March 20, while the season runs from April 10 through June 7. Children from ages 5-18 years are welcome to participate at their level of experience. T-Ball will be available for 5 year olds. Sign up at the Teen or Youth Center. The cost of the league is \$35 for Youth Center members and \$52 for non-members. For more information, contact Ron Hayes, Youth Sports Director, at 536-3160.

Chess tournament

Register now to participate in a March 22 chess tournament. The tournament provides an opportunity for families, youth and other community members to participate in a recreational and educational activity. The tournament is open to adults and children — active duty and retired military personnel, DoD civilians and contractors. Stop by the Youth Programs center (Bldg. 470) to pick-up a registration form.

Wing Promotion Ceremony

The Wing promotion ceremony will be held in the USAFSAM large auditorium Tuesday at 3 p.m. All Brooks personnel are invited to attend.

Friday Night Buffets

Friday night buffets at the Brooks Club will start March 3. A fried catfish buffet with all the trimmings will be served from 4 to 7 p.m. on March 3, March 17 and March 31. Club members will be free of charge and must present current club card. The cost to nonmembers is \$5.

Chief Parish

from page 1

He offered this advice for young Airmen just starting their careers: "No matter what you do, be the best at what you are doing. If you are the best at what you're doing, somebody in the leadership chain will see the good you are doing for the Air Force and they will support you and take care of you."

Chief Parish joined the Air Force

in 1954, just seven years after it was established. He worked in various capacities for 32 years before retiring in 1986 following a three-year stint as Chief Master Sergeant of the Air Force. He was an adviser to secretaries of the Air Force Verne Orr and Russell Rourke and Chief of Staff of the Air Force Gen. Charles Gabriel.



Photos by Staff Sgt. Brandy Bogart

Former Chief Master Sgt. of the Air Force Sam Parish (left) visits with Senior Airman Daniel Acosta and Command Chief Master Sgt. Reggie Williams and his wife Terrie while visiting wounded military at Brooke Army Medical Center. Airman Acosta lost his arm during combat in Iraq.



ERIC STEPHENS
311th Human Systems
Wing director

ACTION LINE

536-2222

The DIRECTOR'S ACTION LINE is your opportunity to make Brooks a better place to live, work and play. If you have a suggestion for improvement, a complaint or a problem that you have not been able to resolve through normal complaint channels or the chain of command, call the **DIRECTOR'S ACTION LINE, 536-2222**. Only items of general interest will be published, so please leave your name and number for a personal response.

The base agencies listed below can be contacted directly:

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311th Communications Squadron.....	536-6571	Civilian Personnel.....	536-3353
311th Mission Support Group —		Military Pay.....	536-5778
Logistics Division.....	536-3541	Civilian Pay.....	536-8370
Safety.....	536-2111	Inspector General (FWA).....	536-2358
BDA Housing Community Maintenance.....	533-5900	Military Equal Opportunity.....	536-2584
BDA Housing Community Office.....	533-5905	EEO Complaints.....	536-3702
311th Services Division.....	536-2545	Brooks City-Base AF Project Office.....	536-3655
59th Medical Squadron (Clinic).....	536-4715	Brooks Development Authority.....	536-5366

Deployment may mean bigger tax refund

By Capt. Nick Doukas
Brooks Legal Office

The Earned Income Tax Credit provides a tax credit for those who qualify. Tax credits count, dollar for dollar, as money paid in taxes. In essence, the IRS pays itself on your behalf. As such, tax credits can significantly increase your tax refund or reduce your tax bill. But the EIC is not automatic — it must be claimed to get it.

Qualifying for the EIC is based on four factors: your investment income, the number of children you claim, your total income and your age. As a threshold, those who earn over \$2,700 in investment income, either from stocks, bonds, dividends or interest, cannot claim the EIC.

The big benefit for military members who deployed last year is that all income — basic pay, combat pay, hazard duty pay and other pay received during the deployment — does not count as income for the purposes of qualifying for the EIC. For example, a married member

with one child who, with his or her spouse, earned \$40,000 would normally not qualify for the EIC. But if the member earned at least \$7,000 of that income while deployed, he or she would qualify. While the amount of the EIC varies dramatically based on each situation, it can be worth as much as \$4,400. Because the EIC is considered as taxes you already paid, it can dramatically affect your tax refund or bill.

Figuring out if you qualify for the EIC is the easy part, but claiming it can be difficult. You must file a 1040 Individual Tax Income Return Form and IRS publication 596, EIC Schedule. Paid tax preparers usually charge extra for filling these forms.

For active duty, retirees and dependents, the Brooks Legal Office has IRS certified tax preparers available to prepare and file these and most other common tax forms. This service is FREE and, with direct deposit, a refund can be expected in about 2-3 weeks. To schedule an appointment, call the Brooks Legal Office at 536-3301.

FAMILY SUPPORT CENTER

AUSTIN POLICE RECRUITMENT
Monday — 2:15 - 3:30 p.m., Bldg. 537

The Austin Police Department is currently recruiting highly motivated and educated men and women. Recruiters will be available to explain basic requirements and salary. Call the FSC to make an appointment.

TRANSITION ASSISTANCE PROGRAM
March 7-9 — 8 a.m. - 4 p.m., Bldg. 537

Making the transition from the military to the civilian sector can be a big undertaking. This seminar allows us to better serve those separating and retiring members and their spouses. Topics include job search preparation resume writing, interviewing skills to include appropriate dress, veteran's benefits, and much more. One should attend at least 180 days prior to retirement/separation.

PRESEPARATION AND RETIREMENT
March 15 — 9 - 10:30 a.m., Bldg. 537

This is a mandatory class for active military personnel who are retiring or separating within 120 days. Topics covered are Pre-Separation, Veterans Benefits, Survivors Benefit Plans, TRICARE, and Financial Planning for Transition. Spouses are encouraged to attend.

TROOPS TO TEACHERS
March 16 — 1 - 4 p.m., Bldg. 537

Ms. Meryl Kettler, the state Troop to Teachers coordinator, will hold a briefing to discuss the routes

to achieving Texas teacher certification, the status of TTT, certification programs available in the area and eligibility criteria for funding from Troops to Teachers. She will also discuss the new Spouses to Teachers initiative. Anyone interested in becoming a teacher is invited.

DID YOU VOLUNTEER IN 2005?
The Family Support Center is asking individuals to submit their names and hours volunteered by March 10. Volunteer Appreciation will be Apr. 12 at Hangar 9. The FSC is also accepting Volunteer Excellence Award nominations. If you have any questions, contact Tech. Sgt. Brigida Hendrix at 536-2444.

AFAS EDUCATION GRANT PROGRAM
The Air Force Aid Society Gen. Henry Arnold Education Grant Program has increased to \$2,000 for dependent sons and daughters of Air Force members and spouses of Air Force members. Use of fund is limited to tuition, books and fees, or other direct educational expenses. This program is tailored for Air Force families with college students. Application deadline is March 10. Visit www.afas.org for more information and download an application or pick up your application brochure at the FSC.

To register for a class,
call 536-2444



Brooks Ambassadors comfort hospitalized veterans

By Rudy Purificato
311th Human Systems Wing

Veterans primarily hospitalized for post-traumatic stress graciously received a welcomed gift of appreciation and support from the Brooks Ambassadors Feb. 17 during the Department of Veteran’s Affairs annual “Salute to Hospitalized Veterans.”

Capt. Belitza Dominguez and Senior Master Sgt. David Riggs passed out Valentine’s Day cards and magazines as part of their Brooks Ambassador duties during their visit to the Audie Murphy Veteran’s Administration Hospital psychiatric unit.

“I think it’s very important that we visit them and hear their history while they listen to ours. I believe we gave them hope that their service has not been forgotten, and that we who serve now

are continuing military traditions,” said Capt. Dominguez, who also serves as the 311th Human Systems Wing’s Military Equal Opportunity chief.

Sergeant Riggs, Brooks Multimedia Services manager, observed, “I was surprised how re-

I believe we gave them hope that their service has not been forgotten, and that we who serve now are continuing military traditions.

Capt. Belitza Dominguez
Brooks Fiesta Ambassador

ceptive they were to us. They seemed very glad to know that people still cared about them and appreciate the sacrifices they’ve made.”

For some veterans, it was the first time they’ve talked openly about their traumatic wartime

experiences outside of family and medical treatment.

Air Force veteran Juan Villanueva, 56, from Corpus Christi admitted that he had never before shared with anyone the trauma he experienced in Vietnam during the evacuation of the U.S. Embassy in Saigon.

“I was in Vietnam from 1971 until we evacuated everybody we could in 1974. I helped evacuate onto helicopters top Vietnamese officials, their dependents and Vietnamese who were married to U.S. soldiers. It was traumatic and chaotic,” he said.

Mr. Villanueva said he felt helpless in not being able to evacuate the countless women and children who begged not to be left behind. The ordeal had a profound impact on him. “The shock of it didn’t hit me until after I separated from the Air Force in 1975,” he admits, explaining that it led to alcoholism and homelessness.

U.S. Army veteran Willie Delagarza, a 70-year-old San Antonio native, experienced the trauma of both the Cuban Missile Crisis and three tours in Vietnam as an 82nd Airborne Division master parachutist with over 100 combat jumps.

“In 1962, I was sent with the 1st Armored Division to Florida to train in preparation for an invasion of Cuba,” he said. That order never came. Six years later he found himself in the middle of the 1968 TET Offensive in Vietnam.

Wounded four times, he tries to suppress his great feeling of loss for American soldiers who



Photos by Staff Sgt. Brandy Bogart
Brooks Ambassador Capt. Belitza Dominguez visits with a veteran during a recent visit to the Veteran’s Hospital.

did not come back from the war. “I don’t want to remember what happened in Vietnam. For this reason, I don’t attend reunions,” he said.

For 80-year-old San Antonio native Frank Mora, he can’t forget the sacrifices he and fellow Marines made during World War

II’s bloodiest Pacific Theater battles: Guadalcanal, Iwo Jima and Okinawa. “We ran for 60 days on Okinawa, only taking cat naps,” Mr. Mora recalls while showing his wounded legs for which he receives full medical disability.



Brooks Fiesta Ambassador Senior Master Sgt. David Riggs shares a Valentine’s Day card with U.S. Army veteran Willie Delagarza at a recent visit to the Audie Murphy Veteran’s Administration Hospital. Mr. Delagarza experienced three tours in Vietnam as a parachutist.



Uniform board results released

WASHINGTON — The 97th Air Force Uniform Board released their newest results for proper wear of the uniform.

The board met in October and discussed everything from eliminating the Air Force Good Conduct Medal to maternity uniforms.

In addition, a Headquarters Air Force badge will be available this summer. The badge provides a distinct identification of military staff members assigned to the Air Staff and the Air Force Secretariat. Details about this badge will be available at a future date.

The following changes are effective immediately:

— Approval to wear the blue nametag with the Air Force informal uniform — the member’s abbreviated rank and name will be on one line. This uniform is worn by recruiters, honor guard, enlisted aides, chaplains, chaplain assistants, world-class athletes, and fitness center and health and wellness center staffs.

— Cummerbund pleats will face up in all cases.

— If due to a temporary medical condition, such as chemotherapy, results in baldness, commanders will authorize the approved American Cancer Society cap, wigs or baldness while in uniform.

— Bracelet size is reduced to one-half inch. Bracelets that support a cause, philosophy, individual or group are not authorized. Traditional POW/MIA bracelets are still permitted. Gemstone and tennis bracelets are only authorized while wearing the mess dress.

— Rings will be worn at the base of the finger and will not be worn on the thumb. Wedding sets count as one ring.

— Eyeglasses will not be worn around the neck, on top or back of the head or hanging on uniform.

— Epoxy blue nametag is optional on the blue shirt.

— Wear of the firefighter duty badge is authorized while an individual is assigned a 3E7X1 duty Air Force specialty code, including periods of professional military education and staff tours above group level.

— Wear of the security forces duty badge and beret is authorized while an individual is assigned a 3PXXX duty AFSC position and is also their primary AFSC, including Professional Military Education attendance and staff tours above group level.

— The Air Force Good Conduct Medal will no longer be awarded. Previously earned medals are still permitted.

— Mandatory wear of the physical training uniform is set for Oct. 1 as per the instructions released last November.

— Cell phones, pagers and personal digital assistants must be solid or covered in black, silver, dark blue or gray, and must be conservative. They may be clipped to the left side of the waistband or purse or carried in left hand. Only one may be worn on the uniform belt. Members will not walk in uniform while using phones, radios or hands-free headsets unless required in performing official duties using a government-issued device.

— Permanent wear of the scuba badge is authorized on the battle dress uniform.

— While not deployed, desert combat uniforms may not be worn unless en route to the basic combat convoy course. “Deployed” for this purpose includes members traveling en route to/from rest and recuperative leave from the Central Command area of responsibility, as outlined in policy announced in mid-2005.

This session of the Air Force Uniform Board included a special panel that was specifically chartered to make recommendations regarding updates/revisions to uniform standards affecting women Airmen. After careful review, the board approved several changes that affect women specifically:

— “Scrunchies” are prohibited.

— Hairpins and bands must match hair color.

— Hair color, frosting and highlights will not be faddish and will match natural hair colors, i.e. blonde, brunette, natural red, black or gray.

— No shaved head or flat top hairstyles for women.

— Synthetic hair can be worn, as long as it meets safety and mission requirements. Braids, microbraids and cornrows are authorized.

— Nail polish will not contrast with complexion or detract from the uniform. Nor is polish of extreme color, such as purple, gold, black, blue or any florescent color, authorized. Nail polish will also be limited to one color.

— French manicures are allowed, but fingernail length in all instances will not exceed one-quarter inch beyond the fingertip.

— In addition to clutch-style purses, purses with no more than two straps are authorized with mess dress.

— Earrings will be small spherical, conservative diamond, gold, white pearl or silver with any uniform combination and must be worn as a set. For those with multiple ear piercing, only one set of earrings will be worn in the lower earlobe and will also conform to these earring wear standards when performing duty in civilian clothes.

— Male flight cap is optional.

The updates will be added to Air Force Instruction 36-2903 when the new version is released in March.



AWARD RECOGNITION

Photo by Tech. Sgt. Anita Schroeder



Brig. Gen. (Dr.) William Germann (left), Command Surgeon for the Air Force Materiel Command, presents Ben Kindt with an award certificate during a recent visit to Brooks. Mr. Kindt, who works for the Air Force Center for Environmental Excellence, received the Outstanding Bioenvironmental Engineering Civilian of the Year Award.

Brooks duo wins 3rd place in AF talent contest

By Elizabeth Castillo
Discovery writer

After winning first place at Brooks' Family and Teen talent contest, Jessica Turner and Molly James were awarded third place honors in the Air Force worldwide talent contest.

Performing "What is this Feeling" from the Broadway musical Wicked, the singing duo had very little time to rehearse for their performance at Brooks, but were able to put together the award-winning performance in one week.

The two girls who knew each other from previous plays at their home base Lackland Air Force Base, decided to perform together at the Brooks talent contest "just for fun."

"We threw it together within a week, and went through it only twice," Jessica said. Their performance was strong enough to earn first place honors and the right to compete at the Air Force competition.

All first place winners from the Brooks' Family and Teen talent contest, along with hundreds of others from different Air Force bases sent in video copies of their performances to be judged by a panel of professional entertainers. Over 250 tapes from 57 bases were submitted for judging.

"I think it is really good for teens to go into these talent contests," Ms. Turner said. "It helps



Photo by Tech. Sgt. Anita Schroeder

Jessica Turner (left) and Molly James perform a duet at the Brooks Family and Teen Talent Contest. The singers won first place and advanced to the Air Force-level contest, where they won third place for the Teen Combined act.

build confidence and gives you experience for the future."

The talent shows have left a positive mark on the minds of the two teens as well as their parents.

"I'm a really proud and happy parent," said Bill James, Molly's father. "She's my favorite singer, so I'm glad to see her out singing in front of other people."

General Germann

from page 1

The goal of the wellness campaign is to sustain a safe, healthy, fit and ready workforce. The campaign's mission statement is: A healthy and fit force increases resiliency to overcome adversity. All personnel should make every effort to promote emotional and physical health and fitness, both individually and as a unit.

General Germann said in order for the campaign plan to work, the AFMC workforce would need to make cultural changes. "We are going to focus on making changes in our culture, and developing a wellness-focused culture and safety culture. It will not be easy, because we have grown up in a culture that is not suited for safety and wellness," he said.

He said our current culture is leading us away from interpersonal involvement. But he wants leaders and supervisors to get interpersonally involved in the lives of personnel, to encourage wellness and safety – not just on the physical level, but also on the emotional, social and spiritual levels.

"We want people to focus on their own personal wellness and the wellness of others. Not just the physical wellness, but also emotional wellness, social wellness, which talks about relationships at home and with the people around you, as well as spiritual wellness. All four together comprise the four dimensions of wellness."

General Germann said changing culture will require strong leadership from the top of each unit. He said leaders must become proactive in

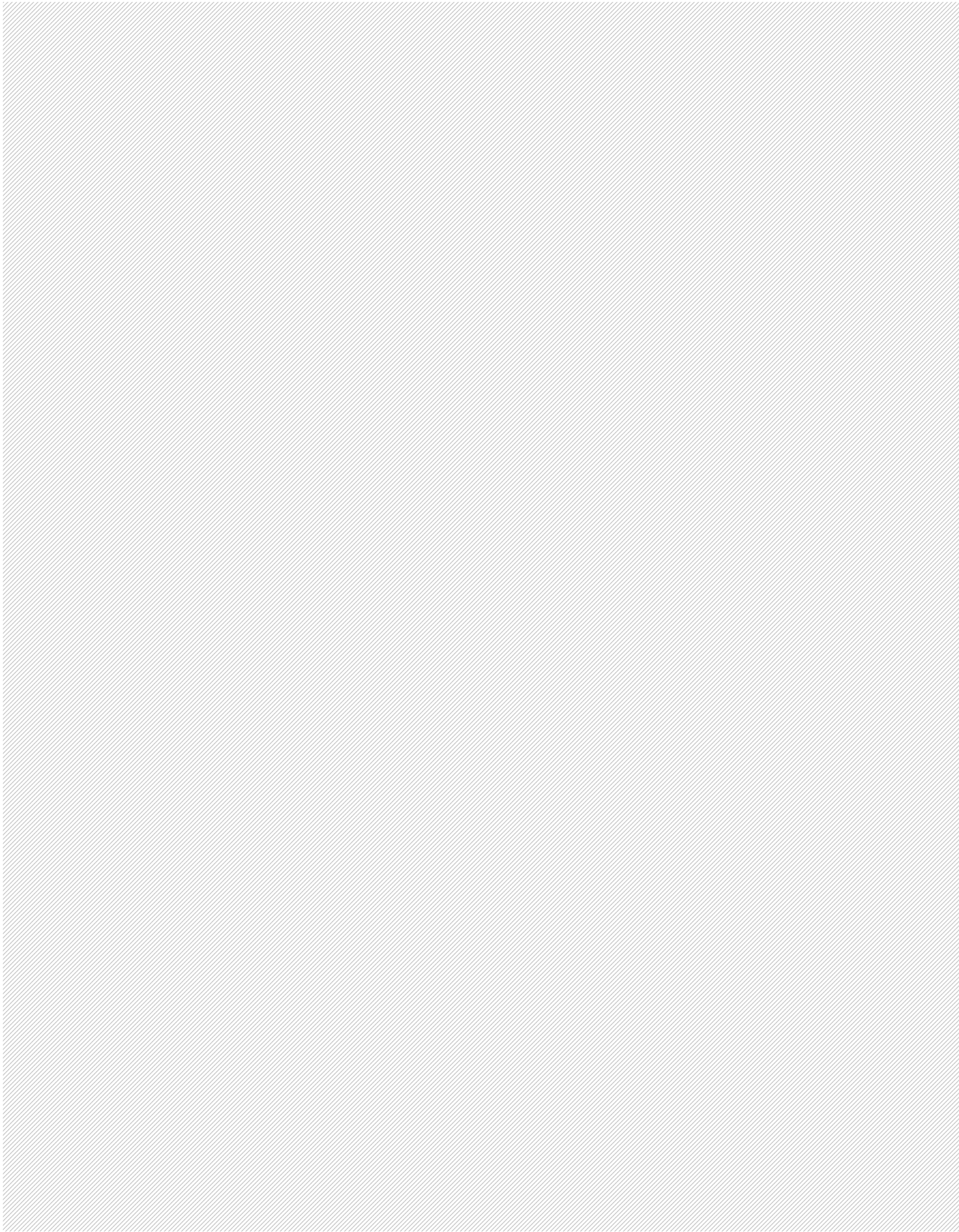
having regular interaction with Airmen to assess the four dimensions of wellness. "Leaders must promote early intervention. They need to have the courage to care and to ask questions. Be alert, get involved and take action," he said

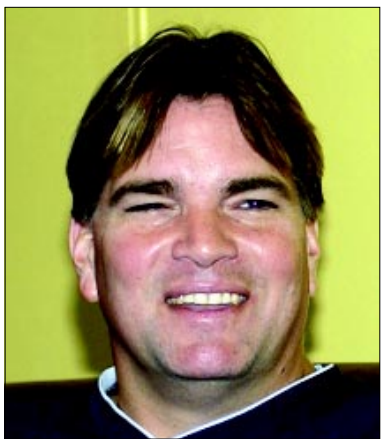
One of the goals of the Wellness and Safety Campaign is letting people know there are resources and people they can turn to for help.

"If a person needs help physically, they can go to the Health and Wellness Center, or to the fitness center and work with a personal trainer," General Germann said. "If it were financial issues, he or she would go to the Family Support Center and try to get help. If it were spiritual it would be primarily through the Chaplain's office."

The general said former AFMC commander Gen. Greg Martin committed more than \$2.5 million towards health programs for AFMC, and General Carlson continues to commit resources to improve the wellness of the workforce, but despite the efforts of the AFMC, people aren't taking advantage of the programs. "We haven't quite shown a return on our investment in terms of participation. The resources are there, and for one reason or another people are just not using them. We need to make sure the resources are in the right place and in the right supply. Make sure that there is a leadership driven culture change that focuses on wellness."

The general finished the briefing discussing several initiatives to help improve individual wellness. Examples of initiatives within the AFMC are the wingman days and Get Fit, a program that provides civilians three hours during duty hours to exercise.





PETERS



FULL NAME:
Walter "Pete" Peters

DUTY TITLE, ORGANIZATION:
311th Mission Support Group/
Services

IN SIMPLE TERMS,
WHAT DO YOU DO?:
I set up events and manage people.

BIRTHDAY:
Sept. 26, 1963

HOMETOWN:
Roanoke, Va., but I call
New Orleans home

FAMILY STATUS:
I have a beautiful wife and five
wonderful children.

PERSONAL MOTTO:
"Say 'yes' then find a way
to make it happen."

INSPIRATIONS:
As corny as it sounds, my wife and
children are always and forever my
inspirations.

PET PEEVE:
Being told "no."

HOBBIES:
I enjoy golf, softball, volleyball,
basketball, swimming/coaching
swimming and talking.

I JOINED THE CIVIL SERVICE
BECAUSE:
I enjoy working within the military
community and it makes sense, me
being a spouse and all.

FIVE-YEAR GOAL:
To move on up in the Civil Service
ranks then win the lottery.

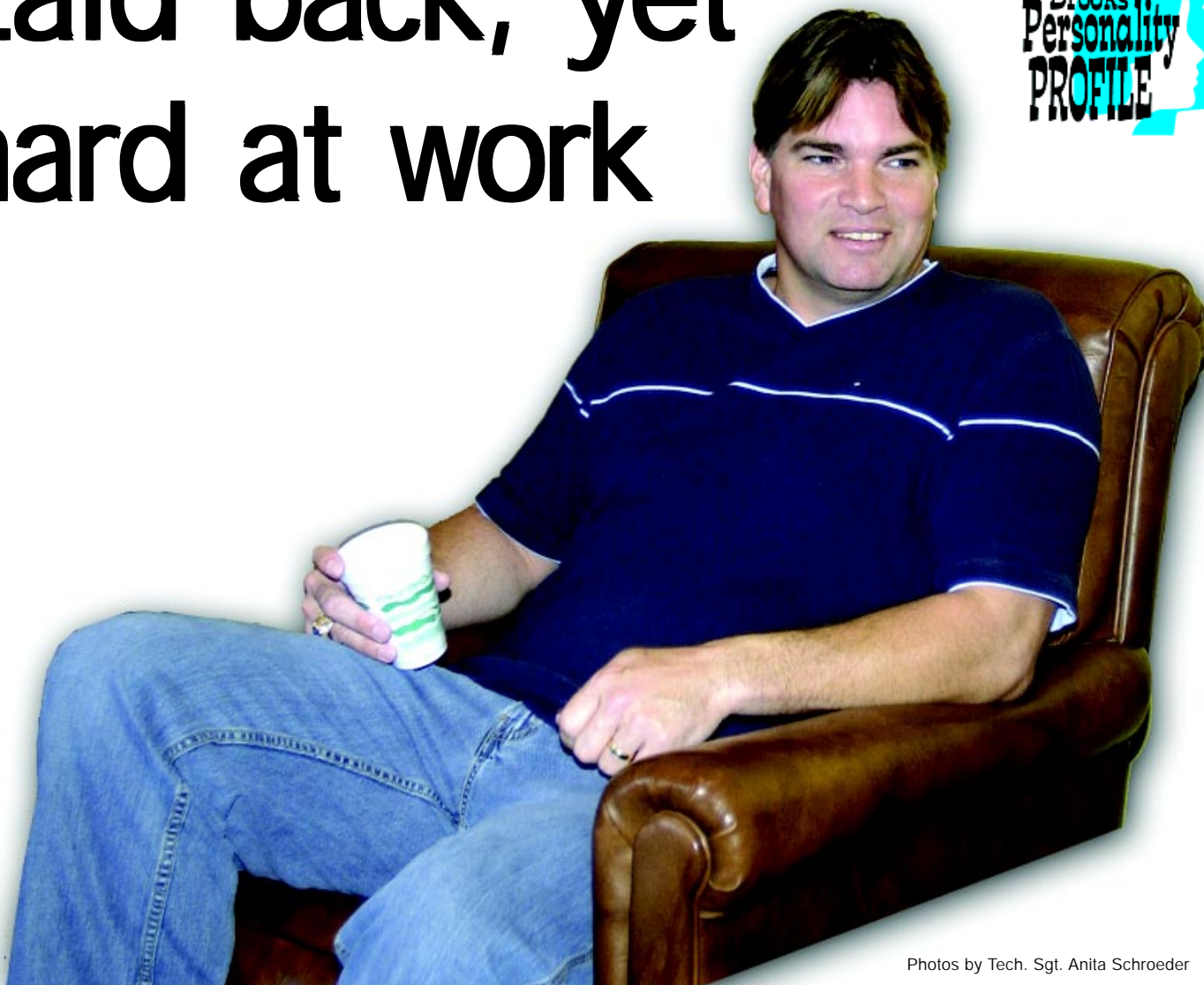
ULTIMATE GOAL:
To become independently wealthy

IF I WON THE LOTTERY, I'D:
As soon as I got back from
Disneyland, I would run my own sand
beach volleyball club and bar.

MY MOST PRIZED POSSESSION:
My golf clubs since they are all I can
truly call my own.

MY GREATEST ACCOMPLISHMENT:
Earning my bachelor's degree in
communications

Laid back, yet hard at work



Photos by Tech. Sgt. Anita Schroeder

By Kendahl Johnson
Discovery editor

Raising a family is no easy task. And although Pete Peters has a laid-back personality, he tackles his responsibilities as a husband and father the same way he tackles all of life's duties and responsibilities – with energy, enthusiasm and dedication.

When Mr. Peters isn't at home with his wife and five children, he works for the 311th Mission Support Group in Services. He works with Ms. Cindy Floyd putting together events and banquets, primarily at the Brooks Club. But he says his "real" job is helping raise a family with his wife, a captain in the Air Force assigned to the personnel center at Randolph Air Force Base.

Together with his wife Capt. Beth Peters, they are raising five children – William, 20; Corinne, 17; Alysha, 16; Laurynn, 10 and Marshall, 5. It's this quintet and his wife Mr. Peters calls "inspirations."

"Pete is a very proud father; he's very family oriented," his wife said. "Family is very important to him, but he's also laid back. He likes to sit back and take it all in. He really enjoys his children. They are the 'apples' of his eye."

Mr. Peters grew up in Roanoke, Va. After graduating from high school, Mr. Peters enrolled in college at Virginia Tech, but after a short time decided to enlist in the Navy instead. He spent 13 years in the service, being stationed in Washington D.C., Whidbey Island, Wash., and twice in New Orleans, which he now considers "home."

He met his future wife – Capt. Beth Peters – while running the water survival training program at the New Orleans Naval Air Station. She was part

of the Air Guard and the swimming coach who needed use of the pool. "I see this beautiful Airman in blues coming onto my pool deck and I was stricken. She wanted the pool for her swim team. Of course, she got whatever she wanted." The pair was married not long after.

Although he loved serving in the military, his enlisted career took a blow when he hurt his shoulder. The Navy

Pete is a very proud father; he's very family oriented. Family is very important to him, but he's also laid back. He likes to sit back and take it all in. He really enjoys his children. They are the 'apples' of his eye.

Capt. Beth Peters
Wife of Brooks' Pete Peters

determined he couldn't properly fulfill his duty requirements, and he received a medical discharge. Discouraged but undaunted, he went back to school and earned a bachelor's degree in communications from the University of New Orleans.

He worked a counter-drug program for the Army Guard for one year, managing a ropes course with his wife in the swamps of Louisiana. "If anyone would have told me I would be out in the Louisiana swamplands making ropes courses, I would have thought they were crazy. It was a great experience. We didn't see any alligators, but we battled two water moccasins that didn't like us being there."

As his wife received new assignments, he started working for various base services in numerous capacities, including outdoor recreation, community

services and food and beverage. While his wife was stationed in England, the couple coached a swim team that was part of European Forces swimming league. "We traveled all over Europe, seeing it one pool at a time."

Mr. Peters continues to coach swimming today, including four of his five children who swim competitively. One of his goals is to start a competitive swim team at Brooks. "I am interested in starting a swim team here on base this summer for the local community," he said.

In addition to coaching, Mr. Peters has lots of experience in the food and beverage industry. Following his time with the Army Guard, he was the food and beverage manager at the Treasure Chest Casino in New Orleans while working on his college degree. He's using that experience to help improve the opportunities for Brooks personnel, including the introduction of the Cup-A-Joe Coffee Shop at Sidney's. "We want to provide a friendly atmosphere where people can come and relax," Mr. Peters said. In addition to proudly brewing Starbucks Coffee, the shop will also sell frozen drinks and will provide a wireless Internet connection.

The coffee shop will likely open the beginning of March, but Mr. Peters isn't sitting around waiting. "I want to revive the Brooks Club. I really want to kick it up a notch and get it going and increase local interest. We are working our tails off to accomplish this goal. We want to offer more than just a catering service; we want to make it more of an open, party atmosphere."

Whether opening a new coffee shop, coaching his children's swim team, battling poisonous snakes or just playing a round of golf, Mr. Peters does so with energy and enthusiasm. He is a devoted father, a doting husband and loyal employee.



FEATURE

Mystery of Brooks' art treasures 'revealing'

(Editor's note: This second part in a three-part series that chronicles the story of art as part of military culture and how it has helped convey the history of aviation.)

By Rudy Purificato
311th Human Systems Wing

Neither art historians nor fans of Dan Brown's fictional best seller "The Da Vinci Code" are clamoring for clues at Brooks City-Base. However, they would be inclined to believe that something may be subtly concealed within an oil painting here that features the likeness of the Renaissance artist who painted "The Last Supper" and "Mona Lisa." The work undoubtedly has no connection to the unsubstantiated claims made by author Brown, yet it supposedly contains symbolism that is part of a larger Brooks aviation art collection mystery.

While the painting of Leonardo Da Vinci's early aviation experiments is intriguing, chances are that its creator unintentionally may have included images open to misinterpretation 60 years after he had painted it for the School of Aviation Medicine at Randolph Air Force Base.

Hanging in an art gallery of sorts on the main floor of the Aeromedical Library (Bldg. 155), a closer examination of this particular work by master Italian artist Nicholas Comito suggests, perhaps, symbols associated with Christianity.

Originally painted in 1945 by Army Air Corps Corporal Comito as part two in an eight painting series titled "History of Aviation Medicine," the Da Vinci oil shows Leonardo pondering the flight of a white bird just released by one of his assistants outside an open door to the

Renaissance master's studio. What appears to be a dove, a Christian symbol for the Holy Spirit, the bird is depicted flying from the right corner of the painting in the direction of a studio sketch of a bearded man, resembling Jesus Christ, located in the opposite corner of the work facing the bird's flight path.

"It's not uncommon for artists to include symbols special to them," said Fernando Cortez, former Hangar 9 curator whose art is featured here. While artists, historically, have hidden subtle messages in their works, Mr. Cortez explained, their reasons for including them are usually not so mysterious. A little detective work is perhaps all that is needed to fully understand the artist's intentions, or in some instances, reveal their mistakes.

One such glaring miscue, from an aviation history perspective, exists in the most famous oil painting at Brooks. "In the portrait of Sidney Brooks at the Brooks Club, the insignia he is wearing is inaccurate," says Mr. Cortez, an American military aviation art expert who is Director of the History and Traditions Museum at Lackland AFB.

Flying cadet Brooks, for whom the base is named, perished near Kelly Field during his Nov. 13, 1917 solo flight. He was posthumously awarded pilot's wings, Mr. Cortez noted, but the collar insignia displayed in the portrait is from another era. "The collar insignia of World War I (American) pilots was bronze in color and featured the crossed flags (semiphores) of the (U.S. Army)



U.S. Air Force Photo

Master Italian artist Corporal Nicholas Comito (left) painted this portrait of Brig. Gen. Eugene Reinartz, who was the commander of the School of Aviation Medicine from 1941-1946. The whereabouts of the painting is unknown.

Signal Corps," Mr. Cortez said. The Brooks portrait shows the pilot wearing the silver color 'propeller and wing' insignia that was officially authorized by the Army Air Service in 1918.

Although Mr. Cortez did not re-touch the painting to correct the mistake, he did something aviation historians would applaud. "I made sure he was wearing the correct collar insignia on his WWI uniform before we re-buried him," Mr. Cortez confessed, referring to Sidney Brooks' remains that were re-interred in 1993 at the Brooks Memorial behind Hangar 9.

The mystery surrounding a famous mural here, featuring astronaut Edward White's historic spacewalk in 1965, has more to do with politics than intrigue. Temporarily housed at Hangar 9 awaiting restoration, the large oil is unusual in that it contains two artist signatures. "Harold Gore painted it, but S.P. Stevens' name is also on it," says Mr. Cortez, referring to the work commissioned in 1970 to help commemorate the re-dedication of renovated Hangar 9 as the Edward H. White II Memorial.

"I got him to confess that he had no hand in painting it," said Mr. Cortez about meeting Mr. Stevens who said he had financed the mural project. "I guess he wanted to get some credit for it."

The real and enduring mystery of Brooks art involves several pieces that are believed lost. "Two of the 15 paintings in the Brooks art collection are

missing," said Tech. Sgt. Chris Canarina, 311th Human Systems Wing historian and base art custodian.

Registered with the Air Force Art Program in 1994 and 1953, respectively, the missing works include Melvin Brown's WWI tribute to flight training called "At School With Jenny" and David Hall's "Loading a B-29 In Japan For A Mission Over North Korea." Witnesses claim to have seen these oils, discovered missing during an annual inventory in 2004. A report of survey investigation did not reveal what happened to the paintings, collectively valued at \$4,000.

Unregistered art once displayed here has also mysteriously vanished. "Two small oils showing Jennies being refueled were displayed in the lobby of Building 150 before it was renovated. Now they're gone," said Eli Rush, Hangar 9 museum technician.

Usually the property of organizations or individuals, works not part of the Air Force Art Program sometimes become lost when they're moved or warehoused, Mr. Cortez explained.

Brooks art treasures that Mr. Cortez believe are missing include two 3 foot by 4 foot vertical oils of flight nurses that the U.S. Air Force School of Aerospace Medicine had commissioned and displayed in Bldg. 180's auditorium, and an original painting of the first SAM building at Brooks Field in 1926 that was last seen in the Mission Support Group headquarters.



Supposedly containing a hidden message, this oil painting of Leonardo Da Vinci's early aviation experiments was painted in 1945 by Nicholas Comito as part of a series on aviation medicine. The painting is displayed at Brooks in the Aeromedical Library.



Brooks hoopster on 'fast track' to stardom

By Rudy Purificato
311th Human Systems Wing

Greased lightning would probably have trouble beating Wilman Dean off the dribble. So fast is he that no one is surprised by his meteoric rise as a legitimate 'rising star' within the Southwest Military Basketball League.

This 23-year-old phenom from the 68th Information Operations Squadron has given the Brooks men's varsity basketball team incredible speed and versatility at the point. More importantly, he is part of a highly reliable backcourt scoring tandem with teammate Roderick Bryant that is giving opponents fits.

"I wear people down in games, especially in the second half when everybody is tired," admits Dean, who credits his natural athletic ability and track training for giving him stamina and quickness. While Dean has undeniably become a force to be reckoned with in Air Force basketball as a star who truly 'got game,' another sport had originally captured his heart.

"My first love was track," confessed this Los Angeles, Calif., native who was a track star for the Pomona High School Red Devils. "I was actually into soccer when I was in high school. I scored a lot of goals," said the fleet-footed athlete. Dean later discovered another sport where he learned to run circles around players.

"When I got into junior high I found basketball more interesting," he said.

As a gifted junior varsity team point guard, Dean's hoop career, however, wasn't allowed to bud, let alone blossom. "One week before the season started, I broke my left wrist going up for a lay-up. There was a wet spot on the floor in practice. My season was over," he lamented.

During his senior year, Dean focused only on track. He ran the 400 meters in 49 seconds. The top time then at California high school track meets was 47 seconds. "Two seconds in track is a lot of time," he said, noting that running had prepared him for his future basketball career.

"My first step is very fast," he said about exploding out of the blocks in track and also exploding past a hoop defender who comes within one foot of him on the court.

Fellow Brooks guards Cortez Jackson and Anthony Tillman love to see Dean on the floor because he instinctively knows where to run to his spot for a pass. "It depends upon the defense where I go. Man-to-man, I take it to the hole. In the zone, I am more likely to shoot a three," he said.

Dean would not be playing basketball now or be serving in the Air Force as an electronics systems security assessment analyst if not for a friend who had sustained a career-ending injury in another sport.

"After I graduated from high school in 2001, I studied electrical engineering at

Citrus College in Glendora, Calif.," recalls Dean, who by then had lost his desire to play basketball. He also had no interest in military service until Owen Johnson's collegiate football career at Colorado State University ended with a knee injury. Johnson persuaded Dean to join him as an Air Force enlistee in 2004.

Dean resumed playing varsity basketball shortly after arriving at Brooks. This time, he didn't let another injury stop him from playing the game. "Halfway through the 2004-2005 season I had a groin injury," says Dean of his first stint as the Brooks varsity squad's starting shooting guard. His shortened season, however, had given him back his confidence. It was fully restored when he was able to hold his own against a Division I squad from the Air Force Academy preparatory school last year.

"I realized then that I can compete at this level. This season, I'm at full throttle." Dean is among his team and league's top offensive players. "They know who I am now," he said. "Opponents' defense is set up for me and Rod (Bryant)."

That his confidence is in full bloom is unmistakable. Says he, "(Years ago) my dad told me to go to the free throw line. It's automatic (scoring). I hardly ever miss."

Six months ago his father, Wilman Dean II, passed away. His son has dedicated the season to him. Such motivation is like putting gasoline on an already raging fire.



Photo by Rudy Purificato

Wilman Dean, point guard for the Brooks varsity basketball team, is a rising star, taking the Brooks program to new heights. His athletic versatility has helped lead Brooks to a respectable record.

For Dean's burning desire is to succeed in the sport his father loved.

Hopefully, his drive to excel will help Brooks win a championship and perhaps earn this diminutive hoop star a spot on the Air Force basketball team.

Council 'pushes' Brooks athletes to limits

By Rudy Purificato
311th Human Systems Wing

No endurance records were set, nor did anyone pass out. In the end, however, the 1st Sergeant's Council Pushup-Challenge held Feb. 16 replenished the Brooks Cares Program with needed funds.

A total of 18 volunteers from various Brooks City-Base organizations spent two grueling minutes at the fitness center doing as many pushups as their bodies would allow. The pledges they collected for their effort helped raised \$1,948 for Brooks Cares.

"It's the first time we've done this, and this is the first fundraising event we've held this year," said Master Sgt. Angela Bland, an Air Force Research Laboratory member of the 1st Sergeant's Council. She explained that last year the Brooks Cares program spent \$1,600 supporting Team Brooks members who needed financial help. This help ranged from emergency



Photos by Staff Sgt. Brandy Bogart

Sergeant Heather Williams, an Army sergeant assigned to the Air Force Research Laboratory, was one of 18 participants in the Pushup Challenge.

assistance following house fires to family deaths.

The event featured eight categories, based on age, for men and women competitors. "Participants either had pledges for every pushup they did or they paid a \$5 donation," said Master Sergeant Darrell Smith, 1st Sergeant's Council president from the U.S. Air Force School of Aerospace Medicine.

Selimon Dean from the 68th Information Operations Squadron broke the base pushup record with 134 pushups completed in two minutes. The old record was 107 for a two minutes

period, set last year by 2nd Lt. Scott Horsley from the Human Systems Group during the Air Force Assistance Fund pushup-a-thon. Lieutenant Horsley went on to finish with a total of 243 pushups during a 10-minute period.

"We didn't have that open 10-minute period," said Sergeant Smith, who noted their event eclipsed the AFAF event in terms of the number of pushups completed.

AFAF participants completed 1,040 pushups last year, compared to the 1,404 that were performed during the 1st Sergeant's Council event.

The 68th IOS also had the top female performer in the event, with Megan Wilkie as the overall women's champion with 72 pushups.



Senior Master Sgt. Michael Russey helps Brooks raise nearly \$2,000 for Brooks Cares.

68th IOS's 'Doodz' team wins dodgeball crown

By Rudy Purificato
311th Human Systems Wing

The 68th Information Operations Squadron's 'Doodz' team defeated the 68th IOS 'A' squad four games to three to capture the Brooks NCO Council's Dodgeball Tournament Feb. 9.

Nine teams, composed of a maximum of six players per squad, competed in the tournament held at the Brooks fitness center.

Organizations that fielded teams included three from the 68th IOS, two from the Air Force Institute for Operational Health and one apiece from the Human Systems Group and 311th Human Systems Wing (Public Affairs).

"It's the first time we've (NCO Council) held a dodgeball tournament," said tourney organizer Senior Airman Chris Ross from the 68th IOS. However, it's not the first time the base has hosted such an event.

Dodgeball premiered at Brooks in 2004 thanks to the Brooks City-Base Combined Federal Campaign tournament. Subsequent dodgeball tourneys have been hosted by the Brooks Company Grade

Officers Council and the Brooks Airman's Council. The 68th IOS won the first dodgeball tournament ever held here. HSG and AFIOH are also previous dodgeball tournament champions.

"We're all very athletic and very motivated," said Airman 1st Class Chuck Howerton, Doodz team captain. He said his squad had played dodgeball before, but not as a team.

While their unusual team name derives from their office symbol, Airman Howerton said they may consider changing the team name to something even more profound, such as 'Dr. J.,' referring to NBA Hall of Famer Julius Irving whose first name initial defined him.



Photo by Rudy Purificato

Nine teams participated in the dodgeball tournament, sponsored by the NCO Council.